



**Let's GO Swim • GO Junior Kingfish Program  
Fall 2018 Session • Francois Dupuis Recreational Center**

**The following are important dates to be aware of:**

**September**

**22** First Saturday Practice at Francois Dupuis

**October**

**14** Withdraw deadline by 9pm

**November**

**12** Winter 2019 Early Registration Opens for Returning Swimmers

**December**

**1** Last Saturday Practice at Francois Dupuis

**8** Let's GO Swim Fun Meet @ uOttawa

**Let's GO Swim • GO Junior Kingfish Program**  
**Fall 2018 Practice Schedule • Francois Dupuis Recreational Center**

**September**

| Junior Coordinator: Audrey Rivest |         | Email: <a href="mailto:junior@gokingfish.ca">junior@gokingfish.ca</a> |          |        | <a href="http://gokingfish.ca">gokingfish.ca</a> |        |
|-----------------------------------|---------|---|----------|--------|--|--------|
| Monday                            | Tuesday | Wednesday   | Thursday | Friday | Saturday   | Sunday |
|                                   |         |   |          |        | 1  | 2      |
| 3                                 | 4       | 5   | 6        | 7      | 8  | 9      |
| 10                                | 11      | 12  | 13       | 14     | 15   | 16     |
| 17                                | 18      | 19  | 20       | 21     | 22   | 23     |
| First Week Back<br>in The Water   |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC               |        |
| 24                                | 25      | 26  | 27       | 28     | 29   | 30     |
|                                   |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC               |        |

# October

| Junior Coordinator: Audrey Rivest      Email: junior@gokingfish.ca      gokingfish.ca                          |         |   |          |        |                                    |   |
|--|---------|---|----------|--------|------------------------------------|---|
| Monday   | Tuesday | Wednesday   | Thursday | Friday | Saturday                           | Sunday                                  |
| 1  | 2       | 3   | 4        | 5      | 6                                  | 7                                       |
|  |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |   |
| 8  | 9       | 10  | 11       | 12     | 13                                 | 14                                      |
| <b>Happy Thanksgiving</b><br> |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC | <b>Withdraw<br/>Deadline by<br/>9pm</b> |
| 15   | 16      | 17  | 18       | 19     | 20                                 | 21                                      |
|  |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |   |
| 22   | 23      | 24  | 25       | 26     | 27                                 | 28                                      |
|  |         |   |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |   |
| 29   | 30      | 31  |          |        |                                    |   |
|  |         | <b>Happy Halloween</b><br> |          |        |                                    |   |

## November

| Junior Coordinator: Audrey Rivest      Email: <a href="mailto:junior@gokingfish.ca">junior@gokingfish.ca</a> <a href="http://gokingfish.ca">gokingfish.ca</a> |         |           |          |        |                                    |        |
|---|---------|-----------|----------|--------|------------------------------------|--------|
| Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday                           | Sunday |
|   |         |           |          | 1      | 2                                  | 3      |
|   |         |           |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |        |
| 5   | 6       | 7         | 8        | 9      | 10                                 | 11     |
|   |         |           |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |        |
| 12  | 13      | 14        | 15       | 16     | 17                                 | 18     |
| Winter 2018 Pre-Registration Opens  |         |           |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |        |
| 19  | 20      | 21        | 22       | 23     | 24                                 | 25     |
|   |         |           |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC |        |
| 26  | 27      | 28        | 29       | 30     |                                    |        |
|   |         |           |          |        |                                    |        |

## December

| Junior Coordinator: Audrey Rivest      Email: junior@gokingfish.ca      gokingfish.ca |         |           |          |        |  |        |
|---|---------|-----------|----------|--------|--|--------|
| Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday                               | Sunday |
|   |         |           |          |        | 1                                      | 2      |
|   |         |           |          |        | 6:30-7:30am<br>7:30-8:30am<br>FDRC     |        |
| 3   | 4       | 5         | 6        | 7      | 8                                      | 9      |
| Last Week<br>in The Water   |         |           |          |        | Let's GO Swim<br>Fun Meet @<br>uOttawa |        |